

Hey Ego

Count: 88

Wand: 2

Ebene: Advanced

Choreograf/in: Ynettia Branch-Oliver - March 2025

Musik: Ego (slowed) - Kennedy Ryon



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 24 COUNTS

CROSS SIDE RECOVER, BACK CROSS HALF TURN RIGHT, HANDS DOWN BODY

1&2 Cross left in front, step to right on right, recover on left

3&4 Step on right, left, place right foot behind left and make full turn left

5 6 7 8 Standing in place move hands down over front of body

e.g., from shoulders/hug, uncross arms, brush hands over stomach down to hips and hang at sides

REPEAT STEPS 1-8 ABOVE

HEEL, TOE, HEEL, TOE, WALKING TURNS

1 2 Make quarter turn right stepping on left heel then toe facing 3:00

3 4 5 6 Make full turn right walking RLRL

7 8 9 10 11 12 Step on right heel then toe, make full turn left walking LRLR

13 14 15 16 Step on left heel then toe, make half turn left walking RL to face 9:00

PART 2: 32 COUNTS

STEP HOLD, HEEL ROCKING CHAIR, BOUNCING TURNS

1 2 3&4& Step forward on right heel, hold, rocking chair left heel up, back

5 6 7 8 Step weight forward on left and make half right turn bouncing hips to face 3:00

REPEAT STEPS 1-8 ABOVE END FACING 6:00

STEP HOLD, HEEL ROCKING CHAIRS, QUARTER RIGHT TURN

1 2 3&4&5&6& Step forward on right heel, hold, rocking chair left heel up two times

7 8 Step on left, make quarter turn right to end on right foot facing 9:00

HEEL TAPS

1 3 Tap right heel forward, tap left heel forward

5 6 7 8 Tap right, left, right, left ending in quarter turn right ending with left foot pointing and facing front

PART 3: 24 COUNTS

WEAVE, KICK AND CROSS, KNOCKS

1&2&3&4 Cross left over right, right side, left behind, step on right, kick left, step on left, cross right over left

5 6 7 8 Step on left

6 7 8 Knock on door (by twisting to left and pretend hitting extended left hand with right hand) on 6 and 8

SAILOR STEPS, BACK PADDLES QUARTER LEFT TURN, POINT SAILOR

9&10 11&12 Left sailor step, right sailor step

13 14 Two back paddles on left foot to make quarter turn left

15 16 Left sailor ending in pointing left

WEAVE, KICK AND CROSS, BACK HIP ROLLS

- 17-20 Cross left over right, right side, left behind, step on right, kick left, step on left, cross right over left
- 21 22 23 24 Step back on left with hip roll, step back on right with hip roll

PART 4: 8 COUNTS

HIP BUMPS, FORWARD BACK LEANS, IN PLACE WALKS

- 1 2 3 4 Do two more hip bumps, lean forward (pointing right foot back), lean back
- 5 6 7 B Repeat leans forward, back, walk in place left, right

REPEAT DANCE ON BACK WALL

REPEAT PART 2 ON BACK WALL WITH HALF TURNS RIGHT

REPEAT PART 2 ON FRONT WALL WITH QUARTER TURNS RIGHT

REPEAT PART 2 ON FRONT WALL WITH QUARTER THEN HALF TURNS RIGHT TO END FACING FRONT WALL

REPEAT PART 2 ON FRONT WALL WITH QUARTER TURNS RIGHT

REPEAT PART 3

REPEAT PART 4

TAG: 8 COUNTS

WALKS, RIGHT QUARTER TURN

- 1 3 4 Step on right and hold (1,2), walk left, right
- 5 6&7 8 Step on left, make quarter turn right walking RLR end with pointing

DO TAG A TOTAL OF 4 TIMES TO RETURN TO FRONT

REPEAT PART 3

REPEAT PART 4

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